

# INFLUENZA FACTS

- Immunisation helps improve your body's defence against influenza
- Being fit and healthy will not protect you from contracting influenza
- The influenza vaccine can never give you influenza
- Influenza is not the same as having a bad cold. It can kill
- Influenza immunisation is FREE for many people until the end of June

**ASK YOUR DOCTOR OR  
NURSE ABOUT INFLUENZA  
IMMUNISATION TODAY.**

The influenza vaccine is a prescription medicine. To find out whether you qualify for FREE immunisation, speak to your doctor or nurse today.

**Find out more at [influenza.org.nz](http://influenza.org.nz) or by calling 0800 IMMUNE (0800 466 863).**

## IMMUNISATION IS YOUR BEST DEFENCE AGAINST INFLUENZA

To find out whether you qualify for FREE immunisation, speak to your doctor or nurse today.



FOR MORE INFORMATION CALL:  
**0800 466 863**  
**0800 IMMUNE**  
**WWW.INFLUENZA.ORG.NZ**

**NISG**  
National Influenza  
Strategy Group

The influenza vaccine is a prescription medicine. Talk to your doctor or nurse about the benefits and possible risks. TAPS NAXXX

## THE FACTS ABOUT INFLUENZA



**INFLUENZA**  
You're never too fit to get hit.

# ABOUT INFLUENZA IMMUNISATION



## Why get immunised against influenza?

Influenza, commonly called “the flu”, may be a severe and sometimes life-threatening infection. Infection with the influenza virus may lead to hospitalisation, in all age groups particularly if you are elderly or have an ongoing medical condition.

***Influenza virus is different from a cold virus.***

***A cold virus only affects the nose, throat and the upper chest and lasts for a few days.***

## Why do healthy people need influenza immunisation?

Being fit and healthy will not protect you from influenza. Influenza spreads very easily and up to 1 in 5 of us still get influenza every year. By immunising against influenza you can protect yourself and lessen the chance of bringing it home to a baby, older relative, or someone with a medical condition who could develop serious complications from influenza.

## Is it possible to build up natural immunity to influenza?

Immunity develops after you have been exposed to a particular strain of the virus. Influenza immunisation prepares and boosts your immune system to help you fight the influenza virus expected to be circulating each year.

## Can the influenza vaccine give you influenza (the flu)?

You cannot get influenza from the vaccine. Many people confuse colds with influenza. There are many other viruses in the community which the influenza vaccine will not protect against.

## Can the influenza vaccine make you sick?

Most people have no reaction to the influenza vaccine. Expected responses may include: soreness, redness, or swelling where the vaccination was given, fever, or aches. Expected responses are usually mild and only last one or two days.

## Can you still get influenza even if you have been immunised against influenza?

Some vaccinated people may get influenza. If they do, symptoms are usually milder than if they had not had the influenza vaccine.

## Why should you get immunised against influenza every year?

The influenza strains circulating change every year and the influenza vaccine is changed to match. For the best protection, immunisation against influenza is necessary every year.

## The difference between influenza and a cold

Influenza Symptoms	Cold Symptoms
Sudden onset of illness. Moderate to severe illness lasting 7-10 days	Mild illness
Fever (usually high) Headache (may be severe)	Mild fever Mild headache (congested sinuses)
Dry cough may become moist	Sometimes a cough
Muscle aches Shivering	Muscle pain uncommon A runny nose
Bed rest necessary	
Can suffer severe complications (pneumonia)	

**IMMUNISATION IS YOUR BEST DEFENCE AGAINST INFLUENZA - TALK TO YOUR DOCTOR OR NURSE TODAY.**